

BIKE EXPERIENCE

DISCOVER ARGENTARIO AND MAREMMA

LA ROQQA

Imagine the wind on your face, the scent of wild rosemary in the air and golden sunlight spilling over ancient hills. In Tuscany's Argentario coast, cycling is not just a sport, it's a soulful journey through time, nature and beauty.

From a peaceful escape among olive groves and vineyards or a thrilling ride along panoramic coastal routes, our guided tours can be tailored to your pace and preferences. Along the way, enjoy local wines, authentic Tuscan cuisine and the warm hospitality of the region.





CHOOSE YOUR PATH

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An aerial photograph of a coastal landscape. A winding asphalt road curves through a dense, green forested hillside. In the bottom left corner, a large, light-colored stone fort or castle with multiple bastions is visible. The right edge of the image shows a rocky coastline with turquoise water and white surf. The text 'ARGENTARIO TOUR' is centered in the middle of the image in a large, white, sans-serif font.

ARGENTARIO TOUR

SEA BREEZE MEETS COUNTRYSIDE VIEWS



ARGENTARIO TOUR

There's a corner of Tuscany where time slows down, the sea meets the mountains, and every turn reveals a breathtaking view: the "island" of Argentario. We offer high-end bike rentals, including e-bikes, gravel bikes, road bikes and premium MTBs, for an uncompromising cycling experience. Our professional guides create personalized tours based on your skill level and preferences, along exclusive routes that range from scenic roads to unforgettable food and wine adventures.

EXPERIENCE TOUR

Perfect for those seeking a short guided excursion without sacrificing comfort. Duration: 2 hours.

- Premium bike rental: E-bike / Gravel / Road / MTB (not included).
- Personal cycling guide.
- Tailored scenic route.
- Water and snacks included.
- Prices starting from Euro 120 per person, min. 2 people.
- Private tour price starting from Euro 180 per person.

ADVENTURE TOUR

For those who want to explore the region on a longer, more immersive ride. Duration: half day - 4 hours.

- Premium bike rental: E-bike / Gravel / Road / MTB (not included).
- Personal cycling guide.
- Extended route with scenic climbs or easy gravel trails.
- Water and snacks included.
- Prices starting from Euro 190 per person, min. 2 people.
- Private tour price starting from Euro 280 per person.



ARGENTARIO TOUR

TAILORED TO YOU

All experiences can be further customized with different routes, bike types and difficulty levels. Want to add a wine tasting, lunch by the sea or post-ride massage? Just ask.

- Premium bike rental: E-bike / Gravel / Road / MTB (not included).
- Custom routes: road, gravel, city.
- Exclusive options: tastings, private visits.
- Logistic support upon request.
- Price on request: starting from Euro 400 per person for a private tour.

ADDITIONAL SERVICES

Discover more than just a ride. Our extra services are designed to elevate every moment of your cycling journey. With curated scenic routes, personalized bike fittings or stretch sessions, we are here to turn your adventure into an unforgettable experience.

- Logistic support upon request.
- Prices starting from depending on distance.
- Dedicated mechanical assistance: Euro 50 per tour.
- Wellness Package: Tour + SPA at the end of the day (variable price).

A man and a woman are standing on a rocky path, leaning against their mountain bikes. They are both wearing helmets and dark clothing. The woman is on the left, and the man is on the right. They are looking out over a vast, hilly landscape that leads down to a blue ocean under a soft, hazy sky. Tall grasses are in the foreground, and the overall atmosphere is peaceful and scenic.

MASSIMILIANO LELLI EXPERIENCE

A RIDE TO REMEMBER



MASSIMILIANO LELLI

Step into the saddle with cycling legend Massimiliano “Max” Lelli and explore the breathtaking scenery of southern Tuscany with one of the sport’s most accomplished riders as your personal guide.

With 17 years of professional racing, including 14 Tour de France appearances and stage victories across Europe, Massimiliano now shares his knowledge, experience and love for the landscape he calls home. A native of Manciano, Tuscany, Lelli has left his mark on the international cycling scene with a series of remarkable achievements: two mountain stage wins and a third place overall at the 1991 Giro d’Italia, multiple victories at the Giro di Toscana and in 1996, he became the first Italian to win the Tour of Portugal, dominating the race with six stage victories.

His career also includes a national time trial championship, a win at the Gran Premio di Philadelphia and a team time trial stage victory in the Tour de France with Ariostea. In 2002, he achieved his best individual result at the Tour, finishing 14th overall, just behind Ivan Basso.

Now, Massimiliano invites you to experience the magic of Tuscany through the eyes and wheels of a true champion.

MASSIMILIANO LELLI FOR LA ROCCA

As your personal guide, Massimiliano doesn’t just lead the way, he shares his deep knowledge of cycling, offering tips on climbing, descending, posture and technique, always tailored to your level and goals.

With the wide range of premium bikes that the hotel can offer, you can embark on a range of guided tours around the flat paths of Argentario and the Orbetello Lagoon, with scenic views of the Tuscan Riviera. You can ride through pine forests, rolling hills and dramatic coastal roads, experiencing Tuscany on just two wheels.



*"Argentario offers an exceptional
and endlessly rewarding experience
for cyclists, so I'm beyond excited
to share it with guests of LA ROQQA."*

Massimiliano Lelli



MASSIMILIANO LELLI EXPERIENCE

We present you a series of exclusive cycling experiences together with former professional cyclist, Massimiliano Lelli and Tommasini Bikes, a renowned handmade bicycle manufacturer.

As part of Miramis' ongoing efforts to tastefully uncover the hidden gems of the Tuscan Coast, this offering blends the region's natural beauty and rich history with sustainable exploration, creating a unique experience that caters to all travellers.

You can either bring your own bike or rent one from Tommasini. We offer a range of options and will help provide the bike. Please note that bike rental comes at an additional cost, separate from the main experience.

ARGENTARIO PANORAMA

Where the mountain meets the sea, every trail becomes an adventure. Ride through the wild beauty of Argentario on a mountain bike tour that blends challenge and wonder.

Classic tour with expert tips.

- Technical support and route planning with maps.
- Minimum 3 participants.
- Prices starting from Euro 120 per person.

In-depth professional insights for an extended session.

- Analysis of rider posture, bike position and aerodynamics.
- Prices starting from Euro 150 per person.

Mechanical assistance.

- Support vehicle provided by Massimiliano Lelli.
- Prices starting from Euro 150 per day.



MASSIMILIANO LELLI EXPERIENCE

FENIGLIA EXPERIENCE

Slow down. Breathe deep. Let nature move through you. Glide along the tranquil paths of the Feniglia nature reserve, surrounded by pine forests, sand dunes and the scent of salt in the air.

Classic tour with expert tips.

- Technical support and route planning with maps.
- Minimum 3 participants.
- Prices starting from Euro 120 per person.

In-depth professional insights for an extended session.

- Analysis of rider posture, bike position and aerodynamics.
- Prices starting from Euro 150 per person.

Mechanical assistance.

- Support vehicle provided by Massimiliano Lelli.
- Prices starting from Euro 150 per day.



MASSIMILIANO LELLI EXPERIENCE

MAREMMA LONG RIDE

For those who love endurance and elegance, this long-distance road ride through the Maremma offers a perfect blend of sport and scenery. Ride through vineyards, olive groves and hilltop towns, with every turn unveiling a new postcard-worthy view.

Classic tour with expert tips.

- Technical support and route planning with maps.
- Minimum 3 participants.
- Prices starting from Euro 120 per person.

In-depth professional insights for an extended session.

- Analysis of rider posture, bike position and aerodynamics.
- Prices starting from Euro 150 per person.

Mechanical assistance.

- Support vehicle provided by Massimiliano Lelli.
- Prices starting from Euro 150 per day.

YOUR RIDE, YOUR WAY

Every tour is fully customizable to fit your pace, your goals and your style. We tailor the experience to suit your preferences: from difficulty level to ride duration, type of bike (MTB, gravel, or road), even add-on experiences like local food stops, wine tastings, or cultural visits along the way.

Whether you're chasing a challenge, seeking mindful exploration or just want to recharge in nature, we'll craft a journey that feels truly yours. Because it's not just about where you go, it's about how it makes you feel.

UNITED BY THE ROAD

ONE PATH, MANY STORIES





UNITED BY THE ROAD

COLLECTIVE JOURNEY

A ride where you connect, move, and enjoy the simple joy of cycling. You may bring your own bike or rent one from Tommasini (available for an extra charge)

Groups up to 5 people:

Prices starting from Euro 60 per day.

Groups up to 10 people:

Prices starting from Euro 50 per day.

ENHANCE YOUR EXPERIENCE

Turn your experience into something extraordinary with a private lesson and guided tour.

Beginner cyclists:

Prices starting from Euro 180 per day.

Experienced cyclists:

Prices starting from Euro 150 per day.

Supplies: water, electrolytes, supplements and fruit, with Massimiliano Lelli's vehicle.

BIKE & DAY SPA

A JOURNEY THAT ENDS IN WELLNESS





BIKE & DAY SPA

Start your morning with the rhythm of the road, feeling the wind and freedom with every pedal stroke. After the ride, let your legs recover in the Wellness Suite, soothing massages paired with herbal teas or protein drinks help replenish your body, restoring energy and balance. A perfect ritual to nourish both body and soul

ENERGY MASSAGE

Combines eastern and western techniques to stimulate tissues, relieve muscle tension and promote physical balance.

- Duration: 50 min
- Prices starting from Euro 150

FOOT REFLEXOLOGY

Targets specific points on the foot to realign and relax the body using an holistic energy rebalancing technique.

- Duration: 30-40 min.
- Prices starting from Euro 160.



TOMMASINI BIKE

ITALIAN CRAFTSMANSHIP



TOMMASINI BIKE

We are proud to announce our partnership with Tommasini Bike, a name that has embodied Italian craftsmanship and cycling excellence for over seventy years. Each Tommasini bicycle is the result of a true passion for quality, precision and timeless design.

This collaboration is rooted in a shared vision: to promote an active, sustainable lifestyle deeply connected to the local territory. Together with Tommasini, we embrace a vision of cycling that is not just a sport, but also an expression of art, culture and innovation.

Through this partnership, we are able to offer our customers unique, custom-made bicycles that combine tradition with high performance, a true tribute to the soul of cycling.

Transportation is available upon request and may be subject to additional charges.

TOMMASINI BIKE FACTORY TOUR

In addition to the previous experiences, there is also the unique opportunity to visit the Tommasini Factory.

This inspiring destination blends tradition and innovation, offering a behind-the-scenes look at over 70 years of Italian craftsmanship in the making of high-end, custom-built steel bicycles.

Visitors can witness firsthand the passion and precision that go into each frame, entirely handmade in-house and learn about the legacy of Irio Tommasini, whose dedication to performance and beauty continues to shape the brand today.

GET IN TOUCH

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